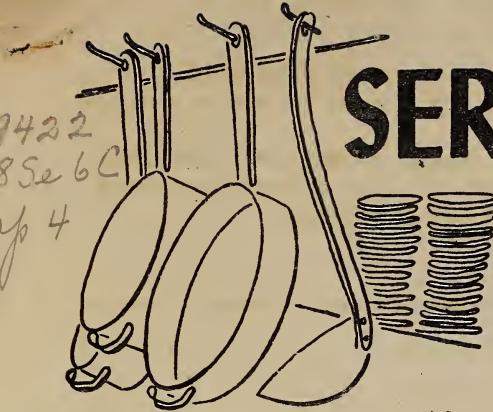


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SERVING MANY



Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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HOW TO SAVE ON MEATS

One of the ways to stretch your meat ration, now that most meat cuts have been returned to the ration list, is to use eggs as a meat alternate or as a meat extender. They are plentiful and non-rationed.

Eggs help to promote positive good health and should be included in the daily diet. Rich in protein of high nutritive quality, they are also a good source of iron in a form which is readily assimilated. They are also a relatively rich source of vitamin B₂ and a good source of B₁, niacin, and vitamin A.

Eggs as alternates or extenders for meat:

When using eggs as alternates or meat extenders, it is important to have the dishes well-flavored, served in adequate sized portions, and combined in an appetizing menu. Here are some suggestions:

Creamed hard-cooked eggs on toast

Eggs a la king

Egg croquettes

Egg cutlets

Baked egg omelet. This may be served with a variety of sauces, as cheese, tomato, mushroom, or Spanish sauce, or may be accompanied by strips of crisp bacon, or by a small portion of fried ham.

Scrambled eggs

Scrambled eggs with tomatoes

Scrambled eggs with bits of cooked ham

Scrambled eggs with chopped ham

Scalloped hard-cooked eggs and green peas

Egg souffle

Cheese souffle

Ham souffle

Tuna fish souffle

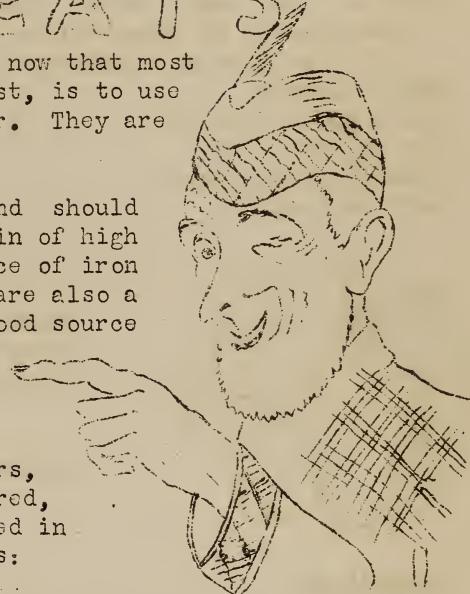
Veal souffle

Spanish eggs (sliced hard-cooked eggs with Spanish sauce)

Western-style eggs are scrambled with green pepper, minced onion, and a little chopped ham. They may be served in a sandwich.

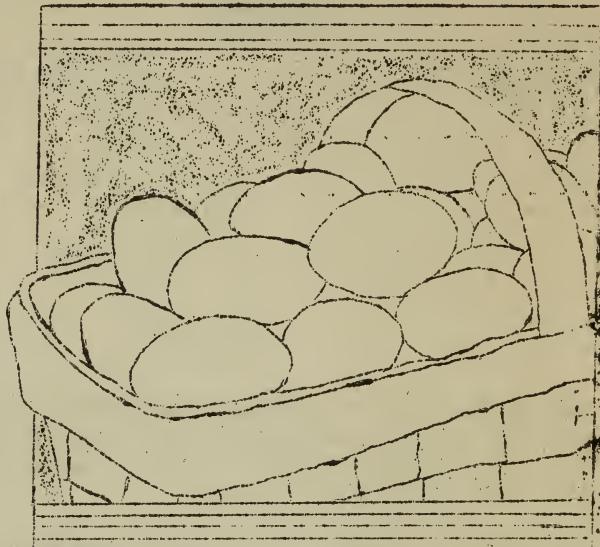
More egg desserts are in order:

Food managers who know the workers' food preferences are offering more of the



many nutritious desserts made with eggs. Besides making a positive contribution to the food value of a meal, egg desserts offer the last course sweetness desired by most workers. Try these suggestions for egg desserts:

Soft custard served over diced oranges
 Apricot whip with custard sauce
 Prune whip with custard sauce
 Sponge cake
 Jelly roll filled with jelly, marmalade, plain cream, or lemon cream filling
 Boston cream pie (plain cake with cream filling or chocolate cream filling)
 Meringue cream pies, such as butter scotch, coconut, chocolate, and lemon
 Chiffon pies made with frozen strawberries or raspberries are a flavor treat in midwinter
 Baked custard
 Baked carmel custard
 Custard pie
 Coconut custard pie
 Soft custard



RECIPES FOR USING EGGS

Here are two recipes for egg main dishes. The first is a meat extender, the second is a meat alternate.



Scalloped Ham and Eggs

Ingredients

Diced cooked ham
 Hard-cooked eggs, sliced
 White sauce made with --
 Fat
 Flour
 Milk
 Salt
 Bread crumbs mixed with--
 Melted fat

Size of portion - 6 ounces

1. Fill greased baking pans with alternate layers of diced ham, sliced hard-cooked eggs, and white sauce. Top with crumbs.
2. Bake in moderate oven at 350° F. for about 30 minutes until the crumbs are browned.

	Amounts	
	100 portions	500 portions
Diced cooked ham	8 pounds	40 pounds
Hard-cooked eggs, sliced	8 dozen	40 dozen
White sauce made with --		
Fat	1 pound, 8 ounces	7 pounds
Flour	1 pound	5 pounds
Milk	2 gallons	10 gallons
Salt	2 ounces	10 ounces
Bread crumbs mixed with--	2 pounds	10 pounds
Melted fat	8 ounces	2 pounds

Spanish Omelet.

Ingredients	Amounts	
	100 portions	500 portions
Egg yolks	6 dozen	30 dozen
Egg whites	6 dozen	30 dozen
White sauce, made with —		
Fat	1 pound, 8 ounces	7 pounds
Flour	1 pound	5 pounds
Milk	2 gallons	10 gallons
Salt	2 ounces	10 ounces
Paprika	1 tablespoon	1 ounce
Spanish sauce made with —		
Chopped onion	8 ounces	2 pounds, 8 ounces
Fat	8 ounces	2 pounds
Canned tomatoes	5 quarts	2½ gallons
Biced celery	2 pounds	10 pounds
Green pepper, chopped	8 ounces	2 pounds, 8 ounces
Pimento, chopped	8 ounces	2 pounds, 8 ounces
Salt	2 tablespoons	4 ounces
Pepper	1 teaspoon	1½ tablespoons

Size of portion — 4 ounces omelet and 2 ounces sauce.

1. Beat the egg yolks until thick and lemon-colored.
2. Beat the whites until stiff but not dry.
3. Add the beaten egg yolks to the cooled white sauce, and mix well.
4. Fold in the beaten whites.
5. Fill greased baking pan two-thirds full.
6. Bake in moderate oven at 325° F. for about 50 minutes, or until well puffed and a delicate brown.
7. Cook the onion in fat until a light brown, add to the vegetables and simmer until all the vegetables are tender.
8. Cut omelet in squares and serve with Spanish sauce.

"MAKING THE MOST OF THE MEATS IN INDUSTRIAL FEEDING".

is just off the press

Fill out and return this form if you wish a copy

Plant name _____

By (title) _____

Street and number _____

City, zone, and State _____

Clip and send this form to:
War Food Administration, 5 South Wabash Avenue, Chicago 3, Illinois



For Your Country's Sake - Save Fats!

The stepped-up intensity of action on all battle fronts throws a spotlight of increased importance on the national fat salvage campaign.

Probably most cafeterias and restaurants are now salvaging all possible waste fats from their feeding operations, straining these into metal containers and turning them over to salvage stations, or selling them direct to renderers. The cafeterias and the restaurants of the nation are contributing an untold tonnage of the base material for glycerine and a number of other products essential to the war effort.

But it takes a tremendous amount of used fats to keep the guns firing. So keep up the good work. Increase the collections wherever possible. Encourage employees to do the same in their homes.

Ride For Industrial Cafeterias

Since the primary purpose of an industrial cafeteria is to promote good nutrition and good health among a plant's workers, education of the workers on the principles of good nutrition, becomes a natural duty of cafeteria managers and dietitians.

As in any sound merchandising plan, the first step in this education is to provide the food, not only in quantity but also in attractive quality, prepared to arouse desire through eye appeal.

The second step is advertising—urging selection of the proper variety of foods to balance the worker's meal nutritionally. Until the worker understands why he should eat this food, and that food, to keep himself healthy, he is apt to follow his taste inclinations alone in making his selections, and end up with a food deficiency that may easily affect his earning capacity and his safety at machines.

The War Food Administration has a number of valuable aids that help industrial cafeteria managers and dietitians sell the idea of proper selection of foods for good nutrition. Leading among these is the "Nutrition Poster" which plainly visualizes the Seven Basic Groups of Foods everybody should eat every day to fill all of their nutritional requirements.

Copies are available, as glossy prints which may be reproduced on the backs of menus, as posters, and as colorful table tents that will attract reading while the worker is eating. For samples, write the Industrial Feeding Section of the office noted on the title page of this bulletin.